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## CAMBRIDGE FAMILY NEWS

Information, Support, & Activities for Families of Children Ages 0-6

July - August 2006

# Greetings Friends & Families

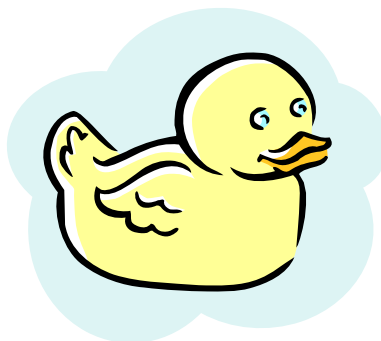
Hello Summer! The Center for Families invites you to our summer series of toddler/preschool drop-in activities featuring arts and crafts, sensory play, and great stories. During the months of July and August, we will climb up the Coconut Tree with *Chicka, Chicka, Boom, Boom*; float ducks in the water as we *Make Way for Ducklings*; and explore much more.



Come join friends and families in our summer play room at the Peabody School. It will be a very COOL place to be on those HOT HOT days.

**Mondays and Wednesdays, July 5th-August 30th, 10:00 - 11:30 am**

For information, please call Nadine at 617-349-6769 or main office number 617-349-6385. And see the list of all our other drop-in playtimes, including activities in the park, on page 2.



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## PLAYING AND LEARNING



# Indoor Pond



Very young children enjoy this sensory activity by **Kim L.**, especially when they can't go outside to the sandbox, or you don't have much room.

**Materials:** Large plastic basin or tray, play sand, plastic bowl, small toy animals, frogs, snakes, insects, etc.

**Description:** Place the sand in a large basin or tray (the kind you use for water play). In the middle of the sand, dig a hole large enough for your plastic bowl to fit and fill it with water. Place the animals around the sand and in the water and let the children explore their indoor pond!



## Drop-in Play Times for Families In Cambridge

We bring toys, activities, singing, and snacks, you bring the kids and the fun. Bring your children (0-5) and come play with us. Adults must stay with the children. Call Luz at 617-349-6385 or Heather at 617-349-3003 for more information.

### Mondays

Spanish Group  
Margaret Fuller, 71 Cherry St.  
10:00 - 11:30 am

Parent-Infant Group (babies under 14 months)  
Center for Families, 70 Rindge Ave. (rear)  
12:30-2:30 pm

CF Summer Play Room **New**  
Peabody School  
10:00 - 11:30 am

### Tuesdays

Bergin Park **New**  
corner of Haskell and Pemberton  
10:00 am - 11:30 am

Fresh Pond Apartments  
364 Rindge Ave.  
10:30 am-12:00 pm

### Wednesdays

CF Summer Play Room **New**  
Peabody School  
10:00 am - 11:30 am

### Thursdays

402 Rindge Avenue  
10:00-11:30 am (residents only)

Sennot Park, Broadway St. **New**  
10:00 - 11:30 am

Parent-Infant Group  
(babies under 14 months)  
Margaret Fuller, 71 Cherry Street  
12:30-2:30 pm

### Fridays

Walden Square Community Room  
21 Walden Square Road



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## CENTER FOR FAMILIES NEWS

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### ***Family Fun Day was a Shining Success!***

Over 75 families joined us on June 17th for a wonderful Family Fun Day in the blazing sun. Toddlers splashed about in the water play area; children designed kites and butterflies; families banged out musical tunes on the drums; skilled face painters created tigers and puppies on beaming faces; and nearly every child clutched a balloon hat or animal.

The Center for Families would like to extend our deep appreciation to the teens from the Mayor's Summer Youth Employment Program and the Recreation Department; our great DJ Nancy Grabowski; volunteers from Boston Cares; helpers Donna Searles, Elaine Gallant, Barb Siegel, Victor Cervera, Gabriel Castro, Adrienne Thomas; and all of the people who contributed to make this such a wonderful event for families with young children. We'll soon have a slide show on our web site: [www.cambridgema.gov/DHSP2/families.cfm](http://www.cambridgema.gov/DHSP2/families.cfm).



# PARENT EDUCATION AND SUPPORT

## THE RENAISSANCE JOURNEY

### Support Group for All Mothers

(moms with children ages 0-6)

This 6-week group for mothers focuses on creating a supportive community and caring for ourselves. Food and childcare are provided for this group. Please call 617-349-6967 for more information or registration.

Facilitator: Nadine Jones-Ruffin

Wednesdays, 6:00 - 8:00 pm,

July 19<sup>th</sup> - August 23<sup>rd</sup>

Margaret Fuller, 71 Cherry Street (near Central Square)



## MOM'S DISCUSSION GROUP

(Mothers of children ages 0-6)

Being a mom is challenging. You have to juggle your time and roles-mother, spouse, worker, learner. Take a break to think about your priorities, share with other moms, and talk about where you want to go. Snacks and limited childcare provided.

Facilitator: Suzan Wolpow

Saturdays, 10:00 - 11:30 am

July 15, 2006 (no group in August)

Center for Families, Peabody School, 70 Rindge Ave.

\*\*You must call to sign up for childcare 617-349-6385\*\*

## PARENT INFANT GROUP

(parents with infants ages 0-14 months)

This informal support and discussion group offers parents with infants up to 14 months the opportunity to share experiences, ask questions, and meet other parents while babies sleep, eat, gurgle, or safely explore in our infant-toddler room. We have two groups, so please choose only one group to attend per week.

Facilitator: Marie-Noelle Doucet

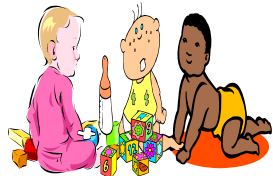
Mondays, 12:30 - 2:30 pm

Center for Families, 70 Rindge Ave.

Thursdays, 12:30-2:30 pm

Margaret Fuller House, 71 Cherry St.

*\*No Pre-registration Required\**



## DOULA PROGRAM

### MOTHERS' SUPPORT GROUPS

The Doula Program at the Cambridge Health Alliance offers drop-in support groups run by multilingual Doulas (birth and parenting coaches). Groups are open to all new parents in Cambridge. Bring your baby and meet other new mothers.

Wednesdays 10 am-12 noon - open discussion

Thursdays 10 am-12 noon - breastfeeding support

Call for more info: 617-665-1164

Cambridge Birth Center, 8 Camelia Avenue

(across from the entrance of the Cambridge Hospital).

The following programs are taking a break for the summer, but will be back in the Fall. If you have any questions please feel free to contact Nadine Jones-Ruffin, 617-349-6967

- *Infant Massage, Facilitator: Marie-Noelle Doucet*
- *Cambridge Community Playgroups, Coordinator: Nadine Jones-Ruffin*
- *Dad's Morning Out, Facilitator: Rick Colbath-Hess*
- *Parent Workshops, Coordinator: Jenn Kapuscik*

## Training on CPR and First Aid for Infants and Children

Parents and caregivers can get CPR and First Aid training with certification at the Child Care Resource Center, 130 Bishop Allen Drive, Cambridge. Classes emphasize the needs of infants and small children. Cost is \$45 for each class, or \$65 if you sign up for both CPR and First Aid.

CPR classes: Monday July 10<sup>th</sup> or Monday August 14<sup>th</sup>, 6:30-9:30 pm

First Aid classes: Wednesday July 12<sup>th</sup> or Wednesday August 16<sup>th</sup>, 6:30-9:30 pm

CPR and First Aid: Saturday September 16<sup>th</sup>, 9:30 am-4:00 pm

For information or to sign up, call Melissa Casazza at 617-547-1063

# PARENT-CHILD ACTIVITIES

## Parent & Child Relaxation Yoga Class

(for parent-child pairs together, children ages 3-6)

Discover and explore the joy of connecting with your child doing fun and relaxing exercises & games. To register for either class session, contact Marie-Noelle at 617-349-3003 or [mdoucet@cambridgema.gov](mailto:mdoucet@cambridgema.gov). Limited childcare for younger children by arrangement.

Facilitator: Marie-Noelle Doucet

Saturday, August 5th

10:30 -11:30 am

Location to be announced



## Families of Twins and Multiples

(for all ages 0-6)

Come out with the Center for Families for a Saturday afternoon play date with other families of twins and multiples. This monthly gathering is a purely social occasion. We'll have activities for the kids and snack will be provided. Call or e-mail Marie-Noelle to register, 617-349-3003, [mdoucet@cambridgema.gov](mailto:mdoucet@cambridgema.gov)



Saturday, August 5th, 3:30 to 5:00 pm

Bergin Park

corner of Haskell and Pemberton Streets near Rindge Ave. (Center for Families, 70 Rindge Ave. in case of rain)

## Babies in the Park

(for parents and infants)

Families with infants are invited for a gathering at Cambridge Common. It will be a time to meet together, relax while babies are playing and learn about early literacy. Get some free books and lots of information about resources for your family. This is one of our monthly ELOA infant workshops.

Facilitators: Marie-Noelle Doucet, Greta Hardina, & Robin Snyder-Drummond

Cambridge Common, near Harvard Sq.

Tuesday, August 8th, 10:30 am-12:30 pm

Rain date Tuesday August 15th

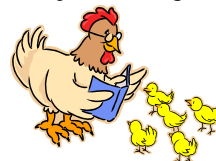
## Pajama Story Hour

at the O'Neill Branch Library

Parents and children can come to the library in pajamas on the last Wednesday of the month to hear stories read by neighborhood parents and enjoy a snack before bed. This is a great way to visit the library as a family. Bring a favorite book to share and discover new favorites.

July 26 & August 30th, 6:00-7:00 pm

O'Neill Branch Library, 70 Rindge Ave.



## Community Schools' Arts in the Park

Arts in the Park brings arts & crafts, performers, and music for children & families to parks around Cambridge until mid-August.. Most activities are geared for school age children.

**Sennott Park** (Broadway near Prospect Street) - Cambridgeport Community School, 617-349-6307

Tuesdays and Thursdays, 10:00 am-12 noon

**Hancock Park** (Hancock between Mass Ave & Harvard St) - Longfellow Community School, 617-349-6260

Mondays, Wednesdays, and Fridays, 10:00 am-12 noon

**Maple Avenue Park** (Maple Ave. near Cambridge Street) - Longfellow Community School, 617-349-6260

Tuesdays and Thursdays, 10:00 am-12 noon

**Pine Street Park** (Pine Street near Windsor Center) - Fletcher-Maynard Community School, 617-349-6295

Mondays, Wednesdays, and Fridays, 10:00 am-12 noon

**Kennedy School Playground** (Spring Street near 7th Ave.) - Kennedy Community School, 617-349-6308

Tuesdays, Wednesdays, and Thursdays, 10:00-11:30 am





# COMMUNITY RESOURCES & ACTIVITIES

## Get some relief from the heat!

The City of Cambridge has 20 waterplay facilities with a variety of sprinkler, spray, and shower configurations in parks throughout the city. All waterplay facilities are free and open to the public during the summer months. You can find a map at: [www.cambridgema.gov/~CDD/cpl/parks/waterplaymap.pdf](http://www.cambridgema.gov/~CDD/cpl/parks/waterplaymap.pdf) or ask the Center for Families.

### TOT LOTS with SPRINKLERS

Ahern Field, Charles St.

Bergin Playground, Pemberton & Haskell Sts.

Cooper Playground, Hancock St.

Corporal Burns Playground, Banks St.

Dana Park, Magazine St.

Danehy Park, Sherman St.

Donnelly Field, Willow St.

Glacken Field, Huron Avenue

Gold Star Mothers Park, Gore St.

Hoyt Field, Western Avenue

Hurley Street Playground, Hurley St.

King School Playground, Putnam St.

Maple Avenue Playground, Maple Avenue

Paine Playground, St. Mary's Road

Pine St. Playground, Pine St.

Rev. Williams Playground, Dudley & Cedar Sts.

Riverside Press Park, River St.

Sennott Park, Broadway



## Cambridge Public Library Summer Programs for Young Children

The Cambridge Library is a great place for families. All branch libraries are featuring special events for the summer, including puppetry, arts & crafts activities, and visits with animals. Visit your local branch for information about family activities. Remember that the library has museum passes you can check out with your library card. For listings see [www.cambridgema.gov/~CPL/](http://www.cambridgema.gov/~CPL/).

**Main Children's Room**—(617) 349-4038

Longfellow School, 359 Broadway

**Boudreau Branch**—(617) 349-4017

245 Concord Ave.

**Central Square Branch**—(617) 349-4010

45 Pearl St.

**Collins Branch**—(617) 349-4021

64 Aberdeen Ave.

**O'Neill Branch**—(617) 349-4023

70 Rindge Ave.

**O'Connell Branch**—(617) 349-4019

48 Sixth St.

**Valente Branch**—(617) 349-4015

826 Cambridge St.

## Swimming and Wading Pools In and Around Cambridge

### City of Cambridge Facilities

**Gold Star Pool**, East Cambridge, 617-349-6310

Open through August 25th, Daily 12:30-6:45 pm

**War Memorial Pool**, Cambridge St., 617-349-6279

Family Swim in the evenings, call for schedule.

### Dept. of Conservation and Recreation Facilities

**McCrehan Pool**, Alewife/N. Cambridge, 617-354-9154

Open through August 20th, Daily 12-5:30 pm

**Veterans/Magazine Pool**, Memorial Dr., 617-354-9381

Open through August 20th, Daily 11 am-5:30 pm

**Dilboy Pool**, Alewife Pkwy in Somerville, 617-354-9321

Open through August 20th, Daily 11 am-7 pm

## Lead Poisoning Prevention Week

Lead-Safe Cambridge, is hosting a week of activities in celebration of the statewide Lead Poisoning Prevention Week July 17-22 to highlight ways to keep kids safe from lead. For more information call 617-349-5323 or see [www.cambridgema.gov](http://www.cambridgema.gov).

### Lead-Free Kids Jamboree

Thursday, July 20, 10:00 a.m. – 12:00 p.m.

Featuring goody bags, face painting, and Davey the Clown.

Sennott Park, Broadway between Prospect and Norfolk.

## SUMMER SPECIAL EVENTS



### Cambridge Dance Party

Friday, July 7<sup>th</sup>, 7-11 pm

Rain Date: July 14<sup>th</sup>

MOVE TO THE GROOVE!! Cambridge is closing down Mass Avenue between Inman and Bigelow Streets in front of City Hall for its annual Dance Party.

Residents of all ages, from toddlers to seniors, will be dancing in the street! **Look for the Center for Families banner near City Hall.**

After dark, a colorful light display will add to the magic. This event is free and open to the public.

NOTE: MBTA #1 Bus Line will stop in Central Square at 6:00 pm and resume service at 11:30 pm.

For info, call Maryellen Carvello at 617-349-4301.



### NATIONAL NIGHT OUT AGAINST CRIME

Tuesday, August 1, 2006

Night Out is an annual event to promote safety, celebrate community, and have fun! Cambridge has two Night Out celebrations. Come join in and look for the Center for Families table with information, infant/toddler area, and activities for kids.

**FREE FOR EVERYONE.**

#### North Cambridge Crime Task Force

“Morning Out” 9:30 a.m. - 1:00 p.m.

“Night Out” 5:30 - 8:30 p.m.

**Rindge Field (Pemberton St. at Peabody School)**

Call John Serwecinski, 617-349-4293 for more info.

#### Cambridgeport Night Out

“Night Out” 5:00 - 8:30 p.m.

**Riverside Press Park (Mem. Drive at River St.)**

Call Cheryl Witherspoon, 617-868-0808 for more info.

### Cambridge Arts Council presents “SUMMER IN THE CITY”

Join the Cambridge Arts Council for the 15th annual *Summer in the City*, a lively mix of dance, song, music and puppetry that offers a culturally rich learning experience for children of all ages. For more information, call the Arts Council at 617-349-4380 or [www.cambridgeartscouncil.org](http://www.cambridgeartscouncil.org).

**Thursday, July 6 ~ Behind the Mask—11:00 am**

Theatrical performance of *The Woman Who Outshone the Sun*, a bilingual story told in Spanish and English.

Corporal Burns Park, Flagg St. at Memorial Drive, Rain: King School.

**Tuesday, July 11 ~ Nurudafina Pili Abena—11:00 am**

Nurudafina performs AfroCuban, Malian and Senegalese, West Indian, and US popular music.

Sennott Park, Broadway and Norfolk St., Rain: Area IV Youth Center.

**Thursday, July 13 ~ Chris Genteel—11:00 am**

Musician Chris Genteel is known as the “Hiphopfolksinger.”

Glacken Field, Huron Ave. at Holworthy St., Rain: Haggerty School.

**Monday, July 17 ~ Abigail Jefferson—11:00 am**

Abigail brings to life stories from around the globe through a unique blend of story, dance, song and rhythm.

Agassiz Neighborhood Council, 20 Sacramento St. Rain: Baldwin School.

**Wednesday, July 19 ~ Red Tide Ramblers—11:00 am**

Red Tide Ramblers play a variety of traditional fiddle and violin music from Ireland, Scotland, and the U.S.

Charles Park, CambridgeSide Place, Rain: Kennedy/Longfellow School.

**Tuesday, July 25 ~ Michael Caduto—11:00 am**

Earth Tales from Around the World.

Dana Park, Magazine St. and McTernan St. Rain: Morse School.

**Tuesday, August 1 ~ Origination's IMANI, Jr.—11:00 am**

Youth dancers perform African, modern, ballet and hip-hop.

Bergin Park, Pemberton St. and Haskell St. Rain: Peabody School.

**Thursday, August 3 ~ The Gerwick Puppets—11:00 am**

Aesop's Fables are brought to life by puppeteer Len Gerwick.

Clement Morgan Park, corner of Columbia and Washington Sts.

Rain: Fletcher-Maynard Academy.

**Tuesday, August 8 ~ Mara Morris—11:00 am**

A presentation of International Folk Dance.

Donnelly Field, Berkshire St. by Cambridge St. Rain: King Open School.

**Thursday, August 10 ~ Arev Armenian Folk Ens. 5:00 pm**

Longfellow National Historic Site, 105 Brattle St.

## Center for Families Staff

**Jenn Kapuscik**

Director

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**Nadine Jones-Ruffin, AS,LSWA**

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**Marie-Noelle Doucet**

Family Support/Infant Specialist

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(English & French)

### Outreach staff:

**Maya Begum**

(Bangla)

**Gardie Emilcar**

(Creole)

**Grace Fung**

(Chinese & Japanese)

**Merline Sylvain**

(Creole & French)

**Fax:**

**617-349-6386**

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**Web:** [www.cambridgema.gov/DHSP2/families.cfm](http://www.cambridgema.gov/DHSP2/families.cfm)

## Center for Families

c/o Peabody School

70 Rindge Avenue

Cambridge, MA 02140

Office and Resource Room: Community Wing  
(entrance at back of school)

### Funding for Center for Families Programs

The Center for Families receives funding from the City of Cambridge, the Massachusetts Department of Education (DOE), and the Massachusetts Children's Trust Fund (CTF). Ours is one of 41 programs around the state that are part of the DOE Massachusetts Family Network and CTF Mass Family Centers programs. We also receive financial and administrative support from the Cambridge Department of Human Service Programs, Cambridge Public Schools, and Cambridge Health Alliance.

Programs are also funded in part by the Cambridge 0-8 Council ELOA Grant from the U.S. Department of Health and Human Services

The Center for Families serves families of children 0-6. Activities are open to all Cambridge residents.



**Center for Families**

c/o Peabody School

70 Rindge Avenue

Cambridge, MA 02140

